



Mixed Seafood Curry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces asparagus cut into 2-inch pieces
- 1 tablespoon brown sugar
- 2 tablespoons cilantro leaves chopped
- 1 tablespoon curry paste to taste
- 1 tablespoon ginger root fresh minced
- 1 tablespoon garlic minced
- 14 ounce coconut milk light canned
- 3 tablespoons juice of lime

- 1 medium onion halved sliced
- 6 servings salt to taste
- 12 sea scallops halved
- 12 medium shrimp deveined peeled (tails left on)
- 2 tablespoons vegetable oil

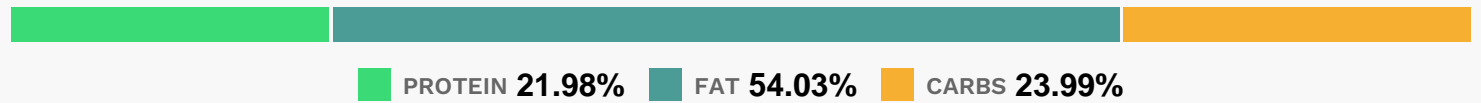
Equipment

- frying pan

Directions

- Heat the oil in a large pan over medium-high heat. Cook the ginger, garlic, and onion until the onion softens, about 2 to 3 minutes. Stir in the curry paste, lime juice, brown sugar, and coconut milk; simmer for 5 minutes. Stir in the shrimp, scallops, asparagus, cilantro, and salt; cook until the seafood is opaque, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:6.0786957066992%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 161.2kcal (8.06%), Fat: 9.44g (14.53%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.35g (3.04%), Sugar: 3.59g (3.99%), Cholesterol: 39.4mg (13.13%), Sodium: 392.81mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Vitamin K: 20.69µg (19.7%), Phosphorus: 166.69mg (16.67%), Vitamin A: 622.21IU (12.44%), Copper: 0.16mg (7.79%), Vitamin C: 5.91mg (7.17%), Vitamin B12: 0.42µg (7.05%), Selenium: 4.81µg (6.88%), Potassium: 220.69mg (6.31%), Folate: 24.05µg (6.01%), Iron: 0.98mg

(5.46%), Manganese: 0.11mg (5.44%), Magnesium: 21.06mg (5.26%), Zinc: 0.75mg (5.02%), Vitamin E: 0.72mg (4.79%), Vitamin B6: 0.09mg (4.6%), Fiber: 1.08g (4.34%), Vitamin B1: 0.06mg (3.73%), Calcium: 34.64mg (3.46%), Vitamin B2: 0.05mg (3.1%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.19mg (1.88%)